

Goalspecific Training: SEPTEMBER 2017

DATES	SESSION	LOCATION / PRICE
Saturday 10 week block: Starts 9 th September 2017 - 11 th November	4-5pm: Swim squad: 12 places.	Purbeck Sports Centre: £85 for the block.
Tuesday 10 week block: Starts 5 th September 2017 - 7 th November	8:30-10pm: Swim Squad: 12 places	Purbeck Sports Centre: £90 for the block.
Thursday 10 week block: Starts 7 th September 2017 - 9 th November	9-10pm: Swim Squad: 12 places	Purbeck Sports Centre: £85 for the block
10 Week block: Starts Monday 4 th September 2017 – 7 th November	6-7pm Turbo Session: 8 places	Purbeck Sports Centre Goalspecific Room: £50 for the block
10 Week block: Starts Thursday 7 th September 2017 – 9 th November	7.30-8:30pm Turbo session: 8 places	Purbeck Sports Centre Goalspecific Room: £50 for the block
Starts 9 th September 2017 every week	5.15-6pm: Strength and Conditioning ****	Purbeck Sports centre: £5 pay as you go

GOALSPECIFIC ATHLETE DISCOUNTS APPLY – PLEASE SEE YOUR TRAINING PACKAGE DISCOUNTS

<http://www.goalspecificcoaching.com/services/>

**** Free to GS athletes on Level 3

Please contact Fran goalspecific@gmail.com to secure your place.